



Heritage Center

July-August 2016



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

Family Concert—Monday, July 11 & August 8

Invite family & friends to the free family concerts in the backyard of the Heritage Center. The concert begins at 7:00 PM. The doors open at 6:00 so come early if you'd like to bring dinner. *Flint & Steel*, a bluegrass band, will entertain on July 11. The August 8 performers will be Salsa Espresso, a Utah Latin Jazz group.

Services Offered

- Arts & Crafts
-
- Cultural Programs
-
- Education
-
- Exercise
-
- Health Services
-
- Information & Referral
-
- Lunch Program
-
- Recreation
-
- Socialization
-
- Transportation
-
- Travel
-
- Volunteer Opportunities

Farewell to Susan—Friday, July 15

It's almost impossible to write about, could it be real? As many of you have read in the June supplement, Susan is retiring on Friday, July 18 immediately following the Volunteer Banquet. We are extending an invitation to all who have come to know Susan over the years to join us for lunch on **Friday, July 15 from 11:30-12:30**. Susan will receive awards at 12:00 from Doug Hill, her boss, as well as Murray City's Mayor, Ted Eyre. Following lunch everyone is encouraged to stay and join in on the patio party to celebrate and share their farewell wishes from 12:00-2:00. This will give you time with Susan, to share fond memories and thank her for her service. Susan is retiring after 35 years with the City of Murray which is rare for people to spend their whole career with one employer. As a result of her many years of service, she has worked under a number of mayors and councilmen, as well as mentored countless employees and volunteers.

Susan is the hardest working director I have had the privilege to work under. She has always been willing to do whatever is required each and every day. She may be cooking in the kitchen, mopping floors, addressing rest room issues, dealing with building break-downs, heating and cooling issues, or fixing kitchen stoves that break down during the Volunteer Banquet. During the course of her 35 year tenure, she has dealt willingly with what catastrophes could happen and have happened! Please join us by sharing in this fond farewell. The next director will have some big shoes to fill.

We also have a book at the front desk for you to sign. Maybe you can write a note, write a poem, or just a short message to Susan to let her know you will miss her. She is looking forward to future adventures and we wish her the best.



Welcome New Director Tricia Cooke. Tricia comes from the Murray City Parks & Recreation Department and will start her new job as the Heritage Center Director on July 5. She'll work with Susan until her last day which is July 18. Stop by and get acquainted.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 or email sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

Newsletter—Credit Cards—Gift Certificates

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1.00 per issue.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for any Center Program. If family or friends need a gift idea, tell them about the favorite programs you participate in at the Heritage Center and they can purchase gift certificates good for any programs. Talk to the front desk for more information.

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill
City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Becky Sanborn

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistant—Amanda Hukabee
and Nathan Root

Custodian — Don Smith

Vehicle Driver — Robert Himes,
Volunteers-Jerry Budd, Chuck Dillard

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen,
Donna Gaydon, Ed Houston, Jenny
Martin, Erich Mille, Pete Wright,
Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income guideline is \$15,889/year for an individual. Applications are available at the front desk or see the Center Director.

Chakra Meditation



Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, is currently being offered on Mondays from 10:30-12:00. The current session runs through August 15 and then Barbara is on vacation until a new session begins on September 12. The cost is **\$3 per class or \$20** for a complete session. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, July 26 or August 30 from 9:30-2:30**. Sign up at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee at the start of the class. Make your check out to AARP and pay the day of class. They do not take Credit Cards. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.

Wednesday Painting: Oil & Watercolor

A new eight-week painting class begins on **Wednesday, July 6 and runs through August 24**. Registration begins June 28. The cost is **\$40** and payment is needed in advance. Teri Wood-Elegante is the instructor and she will help you in either oil or watercolor. Space is limited to 15. The fall session begins August 31 and registration begins on August 17.

Watercolor Class

John Fackrell will begin a new 6 week Watercolor class on Monday, July 11 through August 22. Registration begins June 27. The fall session will be 8 weeks and starts on **September 12 from 9:00-12:00**. You can register for the fall session **August 29** and the cost is **\$43**. Prior Watercolor experience is necessary to participate. Bring your Watercolor paper, brushes, and creativity.

Wood Craft

Please join us on **Tuesday, July 12 at 2:00**, when we will paint cute ladybug shelf sitters. We will meet again on **Tuesday, August 9 at 2:00** to paint a fun summer wood craft. See the samples in the lobby display case. The cost is **\$5** per class and all supplies are included. Register now for these classes. You will be able to finish the project and take it home the day of the class.

Do You Ever Feel Like You Are Losing Control?

On **Wednesday, July 13 at 10:30**, a representative from Care Source will be at the Center to discuss issues that face many seniors daily. Do you feel like you are losing control of: decision-making, medical care, financial information, family relations, and overall well-being? If so, let us help you get back to a point where you feel in control and comfortable with how your life is going. The Care Source representative will share some strategies to help you feel you are in control, particularly when it comes to avoiding scams, medical caregiver pressures and financial or family pressures. These strategies will help you maintain a feeling of control as well as find greater happiness at this time of your life. This is a free class, register now.

Financial Boundaries

On **Tuesday, July 19 at 10:30**, a representative from 5 Start Home Health and Hospice will be at the Center to present a class called Financial Boundaries. We all could benefit from this knowledge about financial boundaries. It is not an issue that we feel comfortable talking about but it is something we all need to address. As a parent we may feel responsible for the well-being of those we love, even if our children are adults or seniors. It's okay to want to help, but remember that you need to take care of your well-being first. Don't allow anyone to bully you into providing personal information such as your Social Security Number, your bank account information, or cash from your wallet that you feel uncomfortable sharing. If you are worried about being taken advantage of talk to someone you trust about these issues before taking any action. These are just a few of the issues that will be discussed in this class. This is a free class, register now.

Top Tips for Brain Health

On **Tuesday, August 23 at 10:30**, Kevin Duff, PhD, ABPP will be at the Center to discuss Top Tips for Brain Health. He is a Board Certified Clinical Neuropsychologist and will discuss many issues regarding your brain health. Do you misplace your keys? Do you forget the name of that person at church? Did you forget to pay that bill last month? Is this the beginning of Alzheimer's disease?

As we age, there are normal changes in the brain's functioning, such as: brains tend to shrink, brains tend to be less active, and thinking abilities slow down and can be less efficient. These do not necessarily mean that we are developing conditions like Alzheimer's disease. These changes may seem overwhelming but research suggests that there are things we can do in our daily lives to combat some of these normal changes. Join Dr. Kevin Duff as he shares some of these Top Tips for Brain Health in Later Life. This is a free class, register now.

Vital Aging — July & August

On **Tuesday, July 26 at 10:30**, we will present a new wellness class called: **How I View Myself—Self Esteem**. How do I view myself? Discover or rediscover your sources for personal well-being. This presentation will help you cultivate self-strengthening beliefs and create an optimistic view of yourself to better meet life events and challenges. Setting personal goals will be part of this class. Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, August 23 at 10:30**, our wellness class will be: **What is Mindfulness-Meditation?** Mindfulness is paying attention in a non-judgmental way to the present moments we often ignore. Learn how to practice mindfulness as a way to reduce stress and promote wellness in your life. You may already practice meditation or simply want to create, expand, or reinforce insight. If you are ready to listen to your own voice and breath and use your wisdom and vitality come and join this class. Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help. This is a free class, sign up now.

Senior Learning Network

Through the wonders of technology (video conferencing), the Center will continue to offer some special interactive presentations from around the country through the Senior Learning Network. Join us on **Thursday, July 7 at 1:00** for "**America's Signs and Symbols**," presented by the Smithsonian American Art Museum. Artists use familiar American icons, the Statue of Liberty, the bald eagle, and the flag to communicate their ideas and encourage probing thoughts about our society. Video-conference presenters guide you on a tour of artworks in the Smithsonian American Art Museum collection.

On **Friday, August 19 at 2:00**, for the second time, follow divers LIVE as they explore the underwater environment of the **Channel Islands**. Over 1000 species of marine organisms can be found in the waters surrounding the Channel Islands. This interactive broadcast will take you on a virtual hike through the kelp forest to get a rare glimpse into this seldom seen world without even getting wet. The divers explain what the camera is revealing and answer your questions about the kelp forest and its many inhabitants. Free, sign up now.

Stepping on Class

On **Wednesday, September 14** from **12:30-2:30**, the Center will offer an 7week session called Stepping On. This program addresses information regarding ways to reduce falls and at the same time increase self confidence in situations where you may be at risk of falling. Falls are a serious problem, but can be prevented at any age.

The Stepping On program utilizes a group setting for instruction and offers individualized follow-up. The program covers a range of information including: falls and risk of falls, strength and balance exercise, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to talk with your doctor in order to complete a medication review. Stepping On is one of the programs that has been shown to be effective at reducing falls, has been translated from the original to a community based program, and has maintained fidelity to the original program. The teachers will be joined by a Physical Therapist, Occupational Therapist, Vision professional, and Pharmacist. This is a free class, register now.

AARP TEK Workshop

On **Thursday, August 25** from **11:00 am to 8:00 pm** a representative from AARP will be at the Center for a tech fair. There will be three levels of Android Smartphone & Tablet instruction as listed below. Smartphone experience is suggested for the 3:30 and 5:30 classes. You are welcome to sign up for one class or all three. All classes are free and registration is required. During the workshops mobile devices and tablets will be provided.

1:00-2:30 Intro to Android Smartphones: Are you new to mobile technology, and ready to discover the power of apps? Join us for a hands-on workshop covering smartphone skills (mobile devices supplied) from Touchscreen Basics, Texting, Talking & Sharing Photos, Downloading Apps, and more.

3:30-4:30 Books, News, and Music on your Android Smartphone: Take your Daily News, Digital Book collection, and Favorite Songs with you, wherever you go. Explore having fun with digital media, on smartphones in this hands-on workshop.

5:30-6:30 Staying Safe OnLine: This class will include information about Fraud Protection and Online Safety. We hear about Fraud daily and wonder about how safe it is to use the internet to pay bills? This class will give you all the up to date information on this fast growing crime. There will be time for Q. A. after all these three classes.

Donation of Unwanted Clothes

Home Instead Senior Care is collecting unwanted clothing for a fundraising project to help end Alzheimer's—the nation's sixth-leading cause of death. Your donation of unwanted clothes, shoes, belts, hats, linens, etc. can help in this fundraising project. Home Instead has a contract to sell the clothing by the pound so all clothing items are accepted. Place all of your unwanted clothing in a plastic bag and bring your bag to the Heritage Center. Donation are currently being accepted until August 22. All proceeds benefit care, support and research efforts of the Alzheimer's Association. Call 801-915-9416 or 801-266-9444 if you have any questions.

Gadget & Computer Classes

The computer lab has 6 personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center if you'd like to try out a tablet. There is no charge to use the computers, but printing is 5¢ per page and users must sign-in and list the computer they are using. Individual computer help is available with Bob on **Tuesday** for one hour and the cost is \$3. Sign-up and payment is needed in advance. Additional volunteers are needed to assist with phones & tablets.



Beginning Genealogy Class

The Center is pleased to offer "Beginning Genealogy". This class will start on **Wednesday, August 10** from **12:30-1:30** and will run through **Wednesday, August 24**. This will include 5 sessions. This class offers a series of "Family History" Training classes that will teach state of the art computer software techniques and strategies for finding family ancestors and records. FamilySearch and Family Tree are free to the public. They are wonderful tools that will help family members seek and find their ancestors. These classes will be taught by Glen Sisam who has over 30 years of experience in this field. Space is limited to 6 and it's a free class. This class requires some basic computer skills. You also need to have an active email address to log into Family Search. Register now.

Intermediate Genealogy Class

The Center is pleased to offer "Intermediate/Advance Genealogy" which starts on **Monday, August 29** from **12:30-1:30**. This class will meet: Monday, August 29, Wednesday, August 31, Wednesday, September 7, 12 & 14. No class September 5 when the Center is closed. *You will need to have completed Beginning Genealogy to register for this class.* Glen will be teaching: Input and managing family relationships, managing accounts and settings, how to send an e-mail to FamilySearch support, collaborate with others working in the same family pedigree, learn and use personal relationship rules, and work with duplicates and family relationships. He will also introduce you to Ancestry. This is a free class, register now. Space is limited to 6.

Volunteer of the Month ... Joyce Lowe

Our Volunteer of the Month is Joyce Lowe. Joyce started volunteering with the Pen Pal program back in 2011 and has been the lead for the program the past few years. She has added her own special touch to the program and we appreciate her help in making the program such a success!

In Joyce's own words, "What a delightful pleasure to be the Volunteer of the Month and to be appreciated. In my years of association with the Heritage Center, I have met many remarkable people. I would like you to get to know me a little better.

My father was Antonio Pageliaro and my mother Elizabeth Amone and as you can tell, I am a 4'10", full-blooded Italian. I grew up in Magna and graduated from Cyprus High School in 1958. I played the accordion from age 8 to 22, but please don't ask me to perform. After high school, I worked for several places including St. Francis Extended Day Care, Moench Printing Company and Little America, where I met several famous people.

I have one daughter, Jackie Lynn Walker, and two precious grandsons, Tyler and Cody, who are grandma's pride and joy. My hobbies include boating, bowling, camping and my favorite, traveling. I began coming to the Heritage Center in 2003 and got involved in the Pen Pal Program, where I was the lead volunteer for a few years. I always wanted to be a tap dancer, but after writing to the Pen Pal kids, decided to tap dance through life helping young people maintain a connection with the older, senior generation. I have found love and compassion at the Heritage Center as well as formed new, life-long friendships. For that, I thank you."

We will honor Joyce on **Monday, July 18** at the annual volunteer banquet.



Daughter Jackie and Joyce



Murray Heritage Center Salutes ... Tony Summerhays

The One-Man-Band many know him as, but many still need to meet and experience his variety of musical talents. Tony sings and plays musical instruments including the keyboard, guitar, trumpet, harmonica, and has been a professional musician for over 40 years. He does the arrangements and pre-records most of his own background music so it sounds more like a full live band.

Tony plays every **Thursday night from 7:00-9:30**, at the Heritage Center for your dancing pleasure. Cost is **\$5** and that includes your dancing, snack and door prizes. You may think that you have not danced in a long time but now is your chance. Tony performs over 450 songs, a wide variety of styles including

Pop, Rock, Country, R&B, Latin, and Big Band and Standards. Tony has put together his repertoire at the request of his dance patrons. His music appeals mostly to 55+ age group. Tony plays a very diverse variety of music.

Tony has taken many dance classes and knows the steps, rhythms and tempos to most of the popular dances. His arrangements are far more danceable because he knows the tempos and the rhythms of the dances. It is not uncommon to see Tony dancing with the seniors at the Heritage Center. **Dancing by the way is a very good exercise to keep your brain working.**

Tony constantly interacts with the patrons both on and off stage, and is aware of his customer's musical and entertainment preferences. Tony takes his stage appearance as seriously as he does his music. His vast wardrobe of Classy Stage Clothing includes Tuxedos and Theme Costumes to fit any occasion. We are very fortunate to have Tony and his musical styling with us every **Thursday from 7:00 pm until 9:30 pm**. If you have not joined us in the past please mark your calendar and join us for a fun and entertaining evening.

Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. Haircuts cost **\$9**. Hair washing, cut and style is **\$14**. Please specify when registering if you would like a wash. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, August 25 from 9:30-12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

Massage Therapy on Fridays

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist provides massage therapy on **Fridays** from **11:45-3:45**. Schedule a half hour for \$18 or an hour for \$36. Payment is needed in advance and paid to the Heritage Center.

Thank You: Memorials & Living Tributes

Make a gift in memory of a loved one or friend. Or make a gift as a living tribute in honor of someone you care about.

A donation was made in memory of Nannette Derrick.

Thank you Max G. Derrick.

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at mcreg.com. You will need an email address to create an account. Go to mcreg.com and select "New Account." Once you have created your log in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person." If you have questions check at the front desk.

Silver Pen Contest

Salt Lake County Aging & Adult Services, Library Services and the Salt Lake Community College Community Writing Center invite all Seniors 60+ to participate in the

2016 Silver Pen Essay and Poetry Contest by writing and submitting your own essay or poetry. "As a Child I Wondered..." **Entry Requirements:** Authors who are 60+ years old, Original, unpublished work created during 2016, minimum of 350 words for essay; maximum of 500 words, Maximum of 30 lines for poetry. **Note:** Exceeding the maximum length will result in disqualification. If you need help submitting your entry, please visit any local Senior Center or Library. All essays must be submitted online: www.slco.org/aging/silver **Entry deadline:** Friday, September 2, 2016

Attorney Consultation

An attorney will be available for free 20-minute legal consultations on **Tuesday, July 12 or August 9** from **1:30-3:30**. Appointments are needed. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure

Thank you Rite Aid for providing Blood pressure screenings on **Thursday, July 7 or August 11** from **11:00-12:00**.

Medicare Help

Need help with Medicare or supplement issues? Sign up for individualized help on **Tuesday, July 19 or August 16 at 12:00**. Bring documents related to the issues and a volunteer from SHIP will help you out.

Transportation

Transportation is available for Murray residents on Wednesdays to and from the Center. The cost is \$2 for a round trip ride and pick up is between 10:00-10:45 and take home around 2:30 after bingo. Call one day in advance for a ride.

2016

Heritage
Center
Events

July ★★

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov



heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday		Tuesday	
 Center is Closed	4	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts / 1:00 Computer Help 2:00 Beginning Line Dancing	5
7:30 Golf/Rose Park 9:00 NIA 9:00 Watercolors Painting 10:00 Brunch 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Zootopia 2:00 Strength Conditioning 7:00 Family Concert	11	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Brighton Silver Lake 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help/1:30 Attorney 2:00 Beginning Line Dancing 2:00 Wood Craft	12
9:00 NIA 9:00 Watercolors Painting 10:00 No Brunch Today 10:15 Pickleball Outside Only 10:30 Meditation 11:00 Bridge Lessons 12:00 Volunteer Banquet (by invitation) 1:00 No Movie 2:00 Strength Conditioning	18	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Financial Boundaries/Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Exercise Help / 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	19
 Center is Closed	25	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing / AARP Driving Class 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	26

Wednesday		Thursday		Friday	
				9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	1
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:45 Bingo 1:00 Bridge	6	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Stretch & Tone 9:00 Pickleball 10:30 Tai Chi 11:00 Blood Pressure 11:30-12:30 Lunch 12:30 Exercise Help/12:45 Happy Hats 1:00 SLN /America's Signs & Symbols 2:00 Strength Conditioning 7:00 Dance	7	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	8
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 10:30 Losing Control 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	13	8:00 Pickleball Instruction 8:30 Ceramics/Wendover 9:00 Stretch & Tone 9:00 Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance /UTE RC	14	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:00 Farewell to Susan 11:45 Massage 12:45 Bingo 1:00 Bridge	15
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	20	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Stretch & Tone / Pickelball 9:30 Logan Opera 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Happy Hatters 2:00 Strength Conditioning 7:00 Dance	21	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge * Money due for Shakespeare Trip	22
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	27	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Stretch & Tone / Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 2:00 Strength Conditioning 5:00 Springville World Folkfest 7:00 Dance	28	9:00 Zumba 10:00 Yoga 10:00 Wasatch Wildflower 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	29

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday at 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Birthday Wednesday — July 6 & August 3



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Pickleball—instruction Thursdays at 8:00 AM

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Play Pickleball at the Center every **Monday** from **10:15-12:00** or **Thursday** from **9:00-11:00** in the dining room or on the outdoor courts if weather permits. If you are new to the sport, **instructional play** will take place every **Thursday** from **8:00 to 9:00**. Open play on the outdoor courts will start at **8:00 every Monday, Thursday and Friday** during the summer months. Play at the Park Center every **Tuesday and Thursday** from **8 to noon**.



Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$2.00 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand & Foot. Upcoming meetings: **July 7 & 21 and August 4 & 18**.

Reader's Theater

The Reader's Theater is on hiatus for the summer. Look to our September-October newsletter for details of when the Theater group will start again.



Evening Series

The Murray Park Amphitheater is located in Murray Park at 495 East 5300 South and has the following programs scheduled:

July 9 Murray Symphony Pops, 8pm, \$6

July 15-16 Ballet Under the Stars, 8:30pm, \$8 adults, \$6 children/seniors

July 28-30, Aug 1-3 Tarzan, 8pm, \$10 adults, \$8 children/seniors

August 11-13, 15, 18-20 West Side Story, 8pm, \$10 adults, \$8 children/seniors

August 27 City Big Band, 8pm, \$5

September 5 Acoustic Music Festival, 6pm, \$5

Murray Lunch Concert Series

Every Tuesday at Noon in Murray Park Pavilion #5, Free

July 5 BD Howes, Singer/Songwriter, Acoustic Guitar

July 12 Cecelia Otto, 21st-Century Vaudevillian

July 19 Chaskis, Music of the Andes

July 26 Promontory Trio, Appalachian

August 2 String Chix Trio

Murray Children Matinee Series

Every Thursday, at 2pm in Murray Park Pavillion #5, FREE

July 7 Imagine That! Popcorn Media

July 14 Two Shields, Native American Music and Dance

July 21 Roots of American Music, Gary Stoddard

July 28 Paul Brewer, Magician

August 4 Princess & the Pea, Puppet Players, Life Sized Puppets

Murray Family Night Series

The 2nd Monday of every month at 7pm, FREE at the Heritage Center

July 11 Flint & Steel, Bluegrass

August 8 Salsa Espresso, Latin Jazz

September 12 Tad Calcara Sextet, Big Band Era Swing

Monday Brunch

Brunch will continue throughout **July and August from 10:00-12:00**. Due to the July Holiday schedule we will offer just one Brunch on Monday, July 11 from 10:00-12:00. During the month of August there will be brunch every Monday. As always you are welcome to come alone or bring your friends. The patio is a beautiful place to enjoy our visiting quail, flowers and the morning breeze. Things are always blooming on the patio and the ambience is magical.

You will be able to choose a complete meal or pick a la carte from the menu. Choose eggs any style, omelets, pancakes, waffles, toast, various meat items, hash browns, or the Chef's specials. Beverages are complimentary with your order.

You will meet the cashier out on the patio to fill out your order form and pay. Then take a seat and a volunteer server will pick up your completed and paid order and take it to the kitchen. Calli and her team will get it ready and your server will bring it out to you at your table.

We still need volunteers for this program, see Moe if you would like to be a part of this volunteer team. It's great fun!



Summer Family Concerts

The free Monday evening Family Concerts will continue on **Monday, July 11 at 7:00 pm** in the backyard of the Center.



Flint & Steel is a Utah based group of amazingly talented teenage musicians playing an assortment of bluegrass, country, jazz and pop music.

Invite family and friends to attend, all ages are welcome. The Center will open at 6:00 if you'd like to bring a picnic to enjoy before the concert.

August 8 — Salsa Espresso (Latin Jazz)

September 12 — Tad Calcara Sextet (Big Band Era Swing) Dinner will be provided to celebrate National Senior Center month. Watch for more details.

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

Coffee Availability



We have found that at the end of the day we are throwing away a lot of coffee. So in an effort to reduce the waste, the Kitchen will stop making coffee after lunch is served. If you are looking for coffee in the afternoon you can check with the front desk staff and they can see if the kitchen has any single serve packets that can be made with hot water. The kitchen closes by 2:00 PM each day. The Center would like to thank the coffee drinkers for paying a \$1 for coffee. All of the money is used to purchase coffee supplies.

Newsletters



Newsletters are available at the front desk (1.00 donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$20 can be purchased and the newsletter will be mailed to your home each month.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Join us on Monday for Free Movie & Popcorn - Showtime is 1:00



July 11 - **Zootopia** (2016) 108 minutes - Animation/Adventure

August 1 - **Gods of Egypt** (2016) 127 minutes - Action/Adventure

August 8 - **The 5th Wave** (2016) 122 minutes - Action/Adventure

August 15 - **My Big Fat Greek Wedding** (2002) 95 minutes - Comedy

August 22 - **My Big Fat Greek Weeding 2**(2016) 94minutes - Comedy

August 29 - **Miracles From Heaven** (2016) 109 minutes - Drama



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, but only IF you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to smithsfoodanddrug.com and register your card for the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING — \$2.00 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS — Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

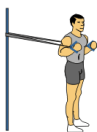
Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

A group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday at 12:30-2:00**. The cost is covered by your exercise room payment of \$1 per visit or \$5 per month or is free with Silver Sneakers. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as partici-

pants enjoy improving their fitness skills and their general knowledge about fitness. The students also offer one-on-one-help, sign up for that service in the exercise room.



Have you tried the wall mount for resistance training? The U of U students will be available on Tuesday and Thursday to demonstrate how

to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneakers Fitness or the Silver & Fit program? Give your Silver Sneakers or Silver & Fit card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to SelectHealth for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. That means The Total Fitness Pass would only cost you \$10 per month after reimbursement. What a deal!

Golf Season In Full Swing



Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

2016 Season Schedule:

7/11—7:30 Rose Park	9/12—8:30 Gladstan
8/1—8:00 Round Valley*	9/26—8:30 Meadowbrook
8/15—7:30 Davis	10/10—Year End Banquet
8/29—7:30 Talons Cove	*Scramble Format

Beware of Scams!

Chances are good that a friend, neighbor, or relative in your life has been scammed. And chances are equally good that you'd be happy to help prevent it from happening again. The truth is that sharing **what** you know can help protect someone **who** you know from a scam.

Health Care Scams – here's how they work: You've seen an ad on TV, telling you about a new law that requires you to get a new health care card. Maybe you get a call offering you big discounts on health insurance. Or maybe someone says they're from the government, and she needs your Medicare number to issue you a new card.

Scammers follow the headlines. When it's Medicare open season, or when health care is in the news, they go to work with a new script. So take a minute to think before you talk: Do you really have to get a new health care card? Is that discounted insurance a good deal? Is that "government official" really from the government? The answer to all three is almost always: **NO**.

Here's what you do: 1) Stop. Check it out. Before you share your information, call Medicare (1-800-Medicare), do some research, and check with someone you trust. What's the real story? 2) Pass this information on to a friend. You probably saw requests. But chances are you know someone who could use a friendly reminder.

More July/August Trips.....



Join us for the 62nd annual Payson Salmon Supper on **Friday, August 5**. We have chartered a 52 passenger bus that will depart at **2:30** and the cost is **\$26**. Registration for this popular trip begins on July 13. Every August, thousands of pounds of fresh Alaskan salmon are flown in to Payson City for this hearty meal of fine-grilled salmon served with a baked potato, sweet local corn on the cob, salad and dessert. This annual celebration attracts visitors from all over, not only for the salmon, but for the entertainment as well. Local firemen, turned salmon chefs, busily prepare and cook the fish to perfection, commonly seen wearing their yellow coats. Musicians and singers serenade the crowd while in line. The wait is well worth it as you're sure to leave this small town with memories of this culinary experience.

Heritage Trip Reminders

- ☺ Dress in layers. It's hard to find a bus temperature that everyone likes.
- ☺ Payment needed when reservation is made.
- ☺ You may only reserve a spot for yourself and one guest.
- ☺ Arrive 15 minutes early.
- ☺ Trips are limited to participants 55+ unless the trip is not full one week before departure. If the trip is not full, adult children may be invited to accompany you on the trip.
- ☺ Introduce yourself to others on the bus. The drive provides a great time for getting acquainted.
- ☺ Please do not take up the front parking spots when you are going to be gone all day on the trip. Park at the north end of the lot.
- ☺ **Please arrive at least 15 minutes before departure time.**

Center Trips



...Travel with friends

Wendover

Travel to Wendover on **Thursday, July 14** and enjoy a day at the Rainbow Casino. Then put **Thursday, September 8** on your calendar to try your luck when we travel again to the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up now.

Brighton Silver Lake

Get out of the heat and travel up Big Cottonwood Canyon and enjoy a picnic at Brighton. As is days past, Brighton summers are easy and laid back. The Center bus will make a trip to Brighton, **Tuesday, July 12** at **11:30**. Cost for this trip is **\$10** and includes a picnic lunch. Wear your walking shoes to enjoy the boardwalk around Silver Lake. Registration begins now for this trip.

Bus Trip Reminders

If you are traveling on any of the commercial bus trips, ie. Wendover, Fall Colors, overnight trips, please park your car north of the light pole in our parking lot to free up spaces for the daily patrons of the Center.

Utah Festival Opera

We will be making two trips to Logan for the Utah Festival Opera to see the matinee performances of ***Show Boat* on Thursday, July 21** and ***Porgy and Bess* on Thursday, August 4**. Both trips leave at **9:30** and we will have lunch at the Bluebird (on your own) then see the shows. The cost of each trip is **\$55** for transportation and show ticket. Registration begins on June 29. These trips are very limited because the new bus holds 14 riders.

Springville World Folkfest

The Center bus will travel to the Springville World Folkfest on **Thursday, July 28** at **5:00 pm** and will return about 11:00 pm. Cost is **\$10** and includes transportation and entrance to the Festival. Dinner cost is on your own. Bring a lawn chair and umbrella or hat. Trip registration begins July 8. The Springville World Folkfest brings the color and excitement of traditional folk dance and music from around the world to Springville, Utah. Prior to the main performance, we will sample a variety of international foods and craft booths.

Living Planet Aquarium

The Center bus will make two trips to the world class Loveland Living Planet Aquarium to see the new Expedition Asia exhibit where you will see the endangered clouded leopard and other species of fish and wildlife from the jungles of Asia. The trips will leave **Tuesday, August 9** or **Thursday, August 18** at **10:00**. Lunch will be on your own at the Aquarium. Cost is **\$20** for these trips. Registration begins July 20.

Wasatch Wildflower Festival

The Center bus will travel to Brighton for the Wasatch Wildflower Festival, an event hosted by the Cottonwood Canyons Foundation that celebrates the beauty and diversity of wildflowers in the Wasatch. It's also a special opportunity to educate visitors on how to ensure the protection of this important natural resource we all treasure. Volunteers will be on hand to share their knowledge and enthusiasm for an amazing variety of species on a beautiful walk. The trip will leave **Friday, July 29** at **10:00**. Cost is **\$10** and includes a picnic lunch. Registration begins July 6.

The Heritage Center will again charter a bus to visit the Tony Award winning Shakespeare Festival, **August 29-31**. Join us as we see three plays this year, *Much Ado About Nothing*, *Cocoonuts*, and *Henry V*. The two Shakespeare shows will be in the brand new Engelstad Shakespeare Theatre. The cost is **\$325** per person (double occupancy) and **\$425** (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty's and Milt's and three plays. At least \$50 needs to be paid when reserving your spot. Final payment is due by July 22. No refunds are given after July 22 unless the spot can be sold.



**UTAH
SHAKESPEARE
FESTIVAL**

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-9:30 pm**. Cost of this activity is \$5 per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Mur-

ray & West Jordan, Chuck-A-Rama, Tony Summerhays, Cindy Jones, and Noreen Hansen.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **July 14 and August 11 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on

Thursday, July 14 and August 11 and be ready to Jam!



Aging Mastery Program—begins Thursday, September 1

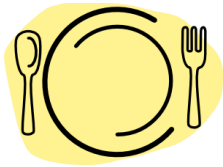
The Center is excited to offer this new 10-week course starting on **Thursday, September 1** and will run through Thursday, November 3. This is an evening class presented from **6:00-7:30**. The cost is **\$50**. The Aging Mastery Program is a behavioral change incentive program to help older adults successfully age. It involves a 10-week class with expert guest speakers that teach and lead activities to help take an active part in their own aging. Topics include: Navigating Longer Lives, Sleep, Exercise, Healthy Eating & Hydration, Medication Management, Financial Fitness, Advance Planning, Healthy Relationships, Fall Prevention, and Community Engagement. Results from previous participants have shown improvement in social connectedness, physical activity, healthy eating habits, understanding of preventive benefits, communication with their health care team, and use of advance planning. Register now.

Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen and she'll try to make it happen on a Thursday evening.



Don't forget to **SCAN** your card or ask the front desk to "scan you in" if you don't have a card when you arrive at the Center. This tells us how many people are coming to the Center each day. We use this figure to help us see how we are doing. Are we increasing in numbers or decreasing in numbers? When are the busy days and what days should we add more activities? This number is helpful to the staff for planning purposes and to show how well we are doing. Thanks for scanning!



July 2016

Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a *special event
Lunch is served anytime between 11:30 – 12:30

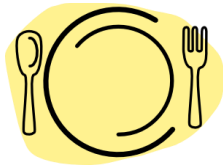
Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
				POT POAST Mashed Potatoes & Gravy, Veggie Strawberry Cake ¹
CLOSED 	TRI TIP SANDWICH Rosemary Fries, Fruit Chocolate Cobbler ⁵	DILL SALMON Baked Potato, Broccoli Birthday Cake & Ice Cream ⁶	PRETZEL DOG Macaroni Salad Butter Crunch Cookie ⁷	TARRAGON CHICKEN Rice Pilaf, Veggie Cherry Fluff ⁸
¹¹ Brunch Café 10:00 – 12:00 7:00 pm Family Concert	¹² BRAZILIAN BRAISED PORK Rice & Beans Fried Ice Cream	¹³ SPAGHETTI & MEATBALLS Caesar Salad, Breadstick Turtle Brownies	¹⁴ BAHN MI Slaw, Fruit Cinnamon Pizza	¹⁵ BBQ BURGERS Potato Salad, Melon Samoa Cookie
¹⁸ No Brunch because of the annual volunteer banquet	¹⁹ TUNA MELT Chips, Fruit Almond Cream Cake	²⁰ FIESTA LIME CHICKEN Cilantro Rice, Salad Coconut Lime Sugar Cookie	²¹ SAUSAGE & GNOCCHI BAKE Salad Chocolate Chip Cookie	²² LASAGNA Italian Chopped Salad Hot Fudge Sundae
²⁵ CLOSED 	²⁶ SHRIMP BOIL Red Potatoes, Corn Blueberry Lemon Cookie	²⁷ STICKY CHICKEN Oven Fries, Fruit Peanut Butter Cookie Lasagna	²⁸ SWISS STEAK Scalloped Potatoes, Carrots Raspberry Ribbon Salad	²⁹ BARBACOA BURRITO Salad Tres Leches Cake



August 2016

Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Brunch Café 10:00 – 12:00</p>	<p>2</p> <p>CRANBERRY CHILI MEATBALL Rice, Veggie Buckeye Cookie</p>	<p>3</p> <p>FISH & CHIPS Coleslaw Birthday Cake & Ice Cream</p>	<p>4</p> <p>REUBAN SANDWICH Chips, Fruit Banana Split Parfait</p>	<p>5</p> <p>CHICKEN WASHINGTON Roasted Potatoes, Veggie Peanut Butter Cup Brownie</p>
<p>8</p> <p>Brunch Café 10:00 – 12:00</p> <p>7:00 pm Family Concert</p>	<p>9</p> <p>PARMESAN PORK LOIN Baked Potato, Veggie Peach Cobbler</p>	<p>10</p> <p>CHICKEN FRIED STEAK Mashed Potatoes & Gravy, Veggie Almond Joy Bar</p>	<p>11</p> <p>HONEY MUSTARD CHICKEN Rice Pilaf, Veggie Chocolate Chip Cookie Pie</p>	<p>12</p> <p>CUBAN SANDWICH Oven Fries, Fruit Baby Ruth Cupcake</p>
<p>15</p> <p>Brunch Café 10:00 – 12:00</p>	<p>16</p> <p>CHICKEN BUBBLE BAKE Rice, Veggie Nutter Butter Bars</p>	<p>17</p> <p>CHICKEN CAPRESE Roasted Potatoes, Veggie Tornado Cake</p>	<p>18</p> <p>MONGOLIAN BEEF Rice, Veggie German Chocolate Pecan Pie Bar</p>	<p>19</p> <p>STEAKHOUSE BURGER Macaroni Salad, Fruit Cookies & Cream Cookie</p>
<p>22</p> <p>Brunch Café 10:00 – 12:00</p>	<p>23</p> <p>TERIYAKI TURKEY BURGER Coleslaw, Fruit Samoa Cookie Pie</p>	<p>24</p> <p>GARLIC SAUSAGE Pasta, Salad Tiramisu</p>	<p>25</p> <p>SHRIMP TACOS Slaw Banana Upside-down Cake</p>	<p>26</p> <p>SONOMA CHICKEN SALAD Breadstick Sangria Cupcake</p>
<p>29</p> <p>Brunch Café 10:00 – 12:00</p>	<p>30</p> <p>CURRY CHICKEN Rice, Veggies Lemon Blueberry Cookie</p>	<p>30</p> <p>MEATLOAF Mashed Potatoes & Gravy, Veggies Caramel Apple Cake</p>		